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Tiny Dancers performing a traditional ballet number, 'The Paintbrushes.'

THE COUNTY LINE

Local Minority-Owned Businesses Prosper

Companies generate more than \$1 billion in revenue and provide more than 1,000 jobs.

BY VICTORIA ROSS
THE CONNECTION

Businesses owned by Hispanics, African-Americans and women shine in Fairfax County, according to the latest national rankings for largest or fastest-growing companies.

"Fairfax County is proud to be a community in which companies of all descriptions can and do succeed to a greater extent than in the rest of the region, the state or the country," said Gerald L. Gordon, president and CEO of the Fairfax County Economic Development Authority, which supports and monitors the growth of local businesses.

Eleven Fairfax County-based companies are among the 500 largest Hispanic-owned businesses in the nation based on revenue—more than the total in 40 states, according to a recent report by HispanicBusiness.com. The Fairfax County companies are among 22 from Virginia on the 2012 Hispanic Business 500 list.

Together these companies generated \$655 million in revenue and employed more than 3,000 workers in 2011, according to Hispanic Business. Five Fairfax County-based companies are on the 2012 Black Enterprise (BE) magazine list of the 100 largest African American-owned companies in the U.S. The 2012 BE 100 Industrial/Service list appeared in the June 2012 issue of the magazine. Those five companies generated \$613 million in revenue and counted more than 5,000 employees in 2011, according to Black Enterprise.

Only seven states have more companies on the BE 100 list than Fairfax County. In addition, Fairfax County has more minority-owned firms than 21 states and the District of Columbia, according to the U.S. Census Bureau.



PHOTO BY VICTORIA ROSS/THE CONNECTION

The staff of Helios HR in Herndon, one of Fairfax County's thriving women-owned businesses: (Back row, from left) Stephanie Eberhart, Andrea Parker, Sarah Smith, Ellyn Krause, Judy-Ann McKenzie, Kathy Albarado, Stephanie Kotch, Stacey Holst (Front Row, from left) Natalie Oddenino, Michele Wooding, Dean Klein, Amy Levin-Murchie.

Fairfax County is also on the cutting-edge when it comes to women-owned businesses. According to the Women Presidents' Organization (WPO), a peer-advisory group for multimillion-dollar women-owned businesses and American Express OPEN, the small business division of American Express, two Fairfax County-based companies made the 2012 list of the 50 fastest-growing woman-owned/led companies in North America.

Kathy Albarado, CEO of Helios HR in Herndon, launched her human resources

consulting firm in September 2001. She said she has seen steady growth and support for women-owned businesses in the past decade.

An award-winning business executive, Albarado was recently named Lady Fairfax by the Fairfax County Board of Supervisors and was a top finalist for the Fairfax Chamber's woman-owned business executive award in 2011.

"I feel fortunate that I live and work in a community so very supportive of entrepreneurs and growing businesses. There is a

Fairfax County's Minority-Owned Business Rankings

Listed below are the 11 Fairfax County companies on the Hispanic Business 500, and their ranking:

- ❖ 21. MicroTech, LLC, Tysons Corner
- ❖ 102. GeoLogics Corporation, Alexandria
- ❖ 114. SCI Consulting Services, Inc., Tysons Corner
- ❖ 117. CComputing Technologies, Inc., Fairfax
- ❖ 134. Priority One Services, Inc., Alexandria
- ❖ 138. Kemron Environmental Services, Inc., Tysons Corner
- ❖ 166. Citizant, Chantilly
- ❖ 186. Communications Resource, Inc. (CRI), Tysons Corner
- ❖ 205. NMR Consulting, Inc., Chantilly
- ❖ 424. Engineering, Management & Integration, Inc., Herndon
- ❖ 434. MAC Aerospace Corp., Chantilly

Listed below are the five Fairfax County companies and their rankings based on the 2012 Black Enterprise (BE) magazine list of the 100 largest African American-owned companies in the U.S.

- ❖ 8. Thompson Hospitality, Herndon
- ❖ 51. COMTek (Communications Technologies, Inc.), Chantilly
- ❖ 55. SoBran, Fairfax
- ❖ 61. Metters Incorporated, Tysons Corner
- ❖ 80. InScope International, Reston

Listed below are two of the 50 fastest-growing women-owned companies in North America, according to the Women Presidents' Organization (WPO) and American Express OPEN, the small business division of American Express

- ❖ 10. GCS, Inc., Tysons Corner
- ❖ 36. Ampcus Inc., Chantilly

strong spirit of collaboration in Fairfax County supported by the Chambers, our elected officials, our business leaders and nonprofit partners," Albarado said. "There are many who are willing to provide mentorship and support opportunity. It's an exceptional county indeed."

The FCEDA's Business Diversity Division supports the growth of these enterprises by organizing and hosting workshops that showcase local, state and federal resources available to entrepreneurs and small businesses and by hosting SCORE business counselors. For more information, go to www.fairfaxcountyedda.org. For more information on Helios HR, and the company's community outreach efforts, go to www.helioshr.com.

Nearly 800 Jobs Added to the Local Economy

Information technology firms and professional service companies see growth.

Information technology firms continue to do well in a sluggish economy, according to a new report from the Fairfax County Economic Development Authority (FCEDA). During the second quarter of 2012, the FCEDA provided services and resources to 33 businesses that are adding almost 800 jobs in Fairfax County.

Most of these businesses are in the information technology and professional services sectors and four are foreign-

based firms using a Fairfax County location to expand in North America.

One of the most prominent announcements during the quarter came from Engility, a government services company that established its headquarters in the Chantilly area of Fairfax County after spinning off from L-3 Communications. Engility will add 50 jobs in addition to its current workforce of 300. Another announcement came from Kaztronix, a staffing company that specializes in the health care, scientific

technology and telecommunications sectors and is creating 57 jobs in the Tysons Corner area of the county.

"We can attribute our success in Fairfax County to multiple factors," said Michael Kasmir, co-founder and president of Kaztronix. "First and foremost, Fairfax County has a high density of evolving technology companies seeking the best and brightest talent, which the county's proximity to major universities makes easily identifiable...From a recruiting perspective,

qualified job candidates have no problem relocating to Fairfax County, given its reputation as a desirable place to live."

"While much of the country and the world is suffering from a weak economy, the FCEDA continues to work with a wide variety of companies that are creating jobs, diversifying Fairfax County's economic base and contributing to the local tax base," said Gerald L. Gordon, president and CEO of the FCEDA.

—VICTORIA ROSS



More than 300 people of all faiths gathered for a candlelight vigil at the Sikh temple in Fairfax Station on Thursday, Aug. 9, less than a week after a gunman opened fire at a Sikh temple in Wisconsin, killing six and injuring three.



PHOTOS BY DEB CORB/THE CONNECTION

Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large) and Fairfax County Police Chief David Rohrer were among several community and faith leaders that spoke at the Aug. 9 candlelight vigil held at the Fairfax Station Sikh temple. "Our nation and our county are made stronger by standing in solidarity when someone is hurt," said Bulova during the vigil.

Transcending Fear With Messages of Hope

Fairfax Station Sikh temple holds candlelight vigil to honor victims of Wisconsin shootings.

BY VICTORIA ROSS
THE CONNECTION

It was an evening of unity, resilience and hope as more than 300 people of all faiths gathered for a candlelight vigil at the Sikh temple in Fairfax Station on Thursday, Aug. 9, less than a week after a gunman opened fire at a Sikh temple in Wisconsin, killing six and injuring three.

Members of the Sikh Foundation of Northern Virginia, which hosted the vigil, welcomed visitors to the gurdwara (or temple) by providing headscarves to guests and inviting them into the sanctuary for an inter-faith prayer service.

"No one ever has to ask to be allowed to participate here, no matter what your faith. Everyone is welcome," said Fermiur Singh, who greeted Sharon Bulova (D-at-large), chairman of the Fairfax County Board of Supervisors and other community leaders.

POLITICIANS AND POLICE OFFICERS, Muslims and Jews, children and seniors stood side by side on the grounds of the temple, holding up candles, murmuring prayers of peace and listening quietly as community leaders promised solidarity with the Sikh community and reflected on the violence in Wisconsin.

"Our nation and our country are made stronger by standing in solidarity when someone is hurt," Bulova said during the vigil.

"Never again," said a representative of the Jewish faith. "Someday we will learn that we are stronger by sharing our differences," a Hindu leader said. "When one is hurting, we all hurt," a Muslim leader said, adding:

"We pray for the family of the shooter, the seventh life lost in this tragedy."

"We stand with you today in solidarity as you wrestle with the strong feelings evoked by last Sunday's act of terror at your gurdwara in Oak Creek, Wis.," said the Rev. Scott Sammler-Michael, senior minister of the Accotink Unitarian Universalist Church in Burke.

"Too many in our world claim they know the mind and will of God, but such extravagant assumptions too often lead preachers and politicians to deny the humanity of whole classes of people, be they immigrants, prisoners, Muslims, Sikhs or homosexuals," Sammler-Michael said, adding that the greatest "sin of all is to claim that God hates..."

Sandy Chisholm, of Faith Communities in Action, read messages of unity from various religious leaders throughout Fairfax County.

David Rohrer, Fairfax County's police chief, said he hoped one day, "those who hate will stop seeing differences and see what we have common."

He praised the actions of Lt. Brian Murphy, the Oak Creek police officer who was hailed as a hero for his selfless actions during the deadly attack on the Wisconsin Sikh Temple on Aug. 5. Wisconsin officials said gunman Wade M. Page, a 40-year-old Army veteran and former leader of a white supremacist band, killed six people and injured three, including Murphy, who, despite being shot nine times, urged fellow officers to attend to other victims.

"We salute Lt. Brian Murphy for his actions," said Rohrer.

Supervisor Pat Herrity (R-Springfield)

also remarked on the quick response of Fairfax County police officers, who showed up at the Fairfax Station temple soon after hearing about the rampage in Wisconsin.

"We knew the congregation would be on edge after we heard about the shootings on Sunday," said Captain Joe Hill, commander of the West Springfield District police station. "We showed up here, just to check in, and they were very appreciative of our presence."

NAVDEEP SINGH, policy advisor for the Sikh American Legal Defense and Education Fund, a national civil rights and educational organization, handed out pamphlets on Sikhism, and spoke movingly during the vigil.

"One might say our community should retreat and live in fear," Singh said, "but Sikhs will keep the doors of the gurdwaras open." Singh, who grew up as a member of the Fairfax Station temple, said there has been an outpouring of support for Sikhs nationwide, who have been showered with flowers, good wishes and hundreds of thousands of dollars in donations since the killings in Wisconsin.

"Our community has come together," Singh said. "It was not just an attack on a house of faith; this was an attack on America and America's values. This does not shake our faith and tolerance."

Julie Knott of Burke, a member of the Accotink Unitarian congregation, said she



More than 300 people gathered at the Fairfax Station Sikh temple on Aug. 9 for an inter-faith candlelight vigil to honor the victims of the Aug. 5 shooting at the Wisconsin Sikh

attended the vigil to show support "for our neighbors. Our church is just a mile away. We stand for many of the same values, and we are deeply saddened by this attack..."

After the vigil, all visitors were invited into the Langar Hall (a community kitchen) for a vegetarian meal.

WEEK IN FAIRFAX

Hit-and-Run Vehicle Photos Released

City of Fairfax Police accident reconstruction investigators have released photographs of the vehicle possibly involved in a June 15 hit-and-run crash in which a pedestrian was struck and critically injured. The 33-year-old Fairfax man was walking on the sidewalk of Fairfax Boulevard at Warwick Avenue when eyewitnesses observed a white sport utility vehicle leave the roadway, strike the victim and continue east on Fairfax Boulevard. The vehicle sustained damage to the right front end, and the right front headlight was out.

City of Fairfax Police are seeking the vehicle and its operator. The vehicle has been determined to be a white 1999 or 2000 Toyota RAV 4 with a black wheel cover over the rear-mounted spare tire. Police are releasing photographs of what may be the vehicle which were taken by cameras on Fairfax Boulevard at the time the hit-and-run occurred. Anyone with information about this vehicle or its driver is asked to contact Lt. Rory Castillo at 703-385-7848. Crime Solvers is offering a reward of \$1000 for information leading to an arrest in this case. Callers may remain anonymous.



Photo taken by cameras on Fairfax Boulevard at the time the hit-and-run occurred.

top local destinations for home furnishings and accessories, will be holding an End of Summer Sale from Thursday, Aug. 23 through Monday, Aug. 27. For five days only, a large selection of merchandise and floor samples will be marked down with savings of 25-50 percent on many items. Featured sale items include floor model sofas, upholstered chairs, ottomans and a sectional from Lee Industries and Miles Talbott Furniture. Many small tables and accent furniture pieces will be marked down as well as art-work, lighting and home accent pieces.

New fall merchandise is arriving daily and

new upholstered furniture vignettes will be introduced at the store in early September.

For More Information contact: Ann O'Shields, owner, ann@shopthenestegg.com The Nest Egg is located at 11940 Grand Commons Avenue, Fairfax. 703-988-0944

www.shopTheNestEgg.com

Recycle During Electric Sunday

Residents may recycle old TVs, comput-

ers, peripheral electronic devices—such as keyboards, speakers, printers and scanners, as well as household hazardous wastes—including fluorescent light bulbs and tubes for free, during Fairfax County's "Electric Sunday" events.

The next one is slated for Sunday, Aug. 26, from 10 a.m.-3 p.m., at the I-66 Transfer Station, 4618 West Ox Road, in Fairfax. For more information, call 703-324-5052.

Collecting Bikes for Bikes for the World

Senthil Kannan, a Boy Scout in Troop 1983, will be collecting bikes on behalf of Bikes for the World for his Eagle Scout Project.

The collection will take place on Sept. 16, noon-4 p.m. at the REI in Fairfax Corner, 11950 Grand Commons Ave. in Fairfax. Donate your used bike (and bike parts) to make a difference in someone's life. Bikes for the World works with partner charities in developing countries who train and hire local people to recondition bikes and distribute them to individuals in need of affordable transportation. A \$10 donation along with your donated bike (both are tax-deductible) covers shipping and handling, and your donation will help reduce landfill waste.

Contact Senthil at senthil.kannan.61109@gmail.com. For general information visit www.bikesfortheworld.org.

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THE CONNECTION
NEWSPAPERS

NEWS

'Primary' Numbers: 7100 + Upgrade = 286

Fairfax County Parkway gets new number, upgrades as "primary" road.

BY VICTORIA ROSS
THE CONNECTION

Since 1987, the Fairfax County Parkway has been known as Route 7100 for the estimated 75,000 motorists who travel the 32-mile parkway each day.

In the last few weeks, however, new signs have started to crop up, indicating that Route 7100 is in the process of becoming Route 286.

"We've been getting calls about it," said Supervisor Pat Herrity (R-Springfield). "People want to know why, and how much the new signs cost. I'm a little surprised we haven't received complaints about the noise from paving."

Herrity said the parkway was upgraded to a primary road by the Commonwealth Transportation Board last February, along with two other major parkways in Northern Virginia—the Franconia-Springfield Parkway (Route 7900), and Prince William Parkway (Route 3000).

According to Joan Morris, a spokesperson with the Virginia Department of Transportation (VDOT), the new designation requires new route numbers for the three parkways because secondary roads are numbered 600 and above and primary roads are numbered 1-599. The cost for changing signs on all three parkways is about \$200,000, she said.

"Only the route numbers will change; the names of the roads will not change," Morris said.

OVER THE NEXT THREE MONTHS, VDOT will replace signs with the new route numbers and add additional signs indicating "Old Route 7100," "Old Route 3000," and "Old Route 7900."

"Drivers will see the old route number alongside the new route number for about a year so that hotels, businesses, map companies, etc. have ample time to update their materials," she said.

Any short-term inconvenience or confusion about the numbers will have long-term benefits for motorists down the road, Herrity said. As primary roads, the routes can receive federal funding for paving, guardrail, bridge improvements



The Fairfax County Parkway (Route 7100), which runs from Route 1 to Route 7, will become Route 286. The 32-mile road carries between 22,000 and 75,000 vehicles per day.

The Fix on 286—Fairfax County Parkway Paving Project

❖ The repaving project began in June and is expected to continue through October 2012. VDOT will repave 24 miles of the 32-mile, six-lane Fairfax County Parkway between Rolling Road in Springfield and the Fairfax/Loudoun County line.

❖ The \$19 million maintenance project will take place mostly nights and weekends, and will require lane closures and occasional detours.

❖ While work will be complete in October, the heaviest traffic impacts were scheduled from June until Labor Day, when Fairfax County schools are out for the summer.

❖ Crews repaved the northern section of the parkway first, from Route 7 to Baron Cameron Avenue (Route 606).

❖ Exceptions include the area of the Fair Lakes Interchange construction project, which will be paved in 2013, and other recently-paved areas.

❖ Ramps and trails will not be paved as part of this project; however VDOT officials said they are looking at separate funding opportunities for those projects.

❖ Noise Alert: VDOT officials said they will do their best to be good neighbors, but paving and milling is noisy; jackhammers, which are necessary for work around water valves, will end by 10 p.m. Dump trucks are required to have a back-up warning system (loud beeping) which cannot be minimized.

❖ The bottom line: VDOT officials said to expect day/night noise near your neighborhood to last about two weeks.

To get updates on the web, go to Virginia.org, click on "Projects" then click on "Northern Virginia."

To contact the project manager, Avtar Singh, email Avtar.Singh@vdot.virginia.gov or email NOVainfo@vdot.virginia.gov.

and other projects. Federal funding typically covers 80 percent of the cost to maintain interstates and primary roads, with the remaining 20 percent from state funds.

Herrity said he began pushing for the parkway designation change about two years ago, after repeated questions from constituents who wanted to know why the parkway, riddled with potholes, was being neglected while Route 123 was being repaved for the second time in less than two years.

"When I dug into the problem, it was clear that federal stimulus money was the reason Route 123 was getting repaved," Herrity said. "Federal funds could only go to primary roads and the parkway was a secondary road, so it was left full of potholes and needing attention."

After a little more research, Herrity said it was clear that the state also spends more money and attention on primary roads.

"For those two reasons alone, it made sense to try and get the

parkway's classification changed in the state system so that it could receive the dollars and attention it deserves." In September, 2011, the Fairfax County Board of Supervisors formally asked the state to reclassify both the Fairfax County Parkway and the Franconia Springfield Parkway from secondary to primary roads.

ROADS MAY BE CONSIDERED for the transfer from secondary to primary when they meet a majority of certain criteria, such as carrying a minimum traffic volume; carrying a minimum percentage of out-of-state, truck, tractor-trailer, or bus traffic; and serving as a link for highways, county seats or sites of historic or scenic interest.

There are now about 470 miles of primary roads in northern Virginia, and 8,000 miles of primary roads statewide.

"In the end, I'm just happy to see it getting paved. The new signs mark a new direction in the parkway's future," Herrity said.

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OPINION

Starting School Prepared

First day of school on Sept. 4; local nonprofits provide school supplies and weekend food.

With school beginning in a few weeks, area charitable organizations have been collecting contributions of new backpacks, calculators, other school supplies, money and gift cards and winter coats to help the tens of thousands of truly needy Northern Virginia students.

In Fairfax County alone, more than 40,000 students are poor enough to qualify for subsidized meals, and those students have mostly not had access to those meals over the summer since Fairfax County Public Schools no longer operates summer school.

Working poor families cannot easily outfit one or more children properly for school (think of the cost of a graphing calculator).

“For many families in our area who are working hard but struggling to make ends meet, the prospect of finding the funds to purchase new supplies for their children each year can be stressful,” said Lisa Whetzel, Our Daily Bread’s executive director. The organization was still \$3,000 and 200 backpacks short of its goal last week. To

help, contact Becca Brummett or Jennifer Rose at 703-273-8829 or holiday@ODBFairfax.org, or visit www.ODBFairfax.org.

One organization, Doorways for Women and Children in Arlington, aptly describes the challenges of some of Arlington’s students on its website: “Embarrassed and disappointed that

their family can only afford to prioritize necessities as simple as groceries and rent, children living in poverty share a very different schooling experience than many of their peers.”

Arlington Doorways for Women and Families collects money, school supplies, winter coats and more for needy students. Contact Rachel Dove at rdove@doorwaysva.org or 703-504-9283 or www.doorwaysva.org/donate/seasonal-ways-to-give/backtoschool/

FACETS in Fairfax, which provided more than 300 students with backpacks filled with supplies last year, is collecting school supplies until Aug. 17, and welcomes financial contributions: FACETS Back to School Drive, 10640 Page Avenue, Suite 300, Fairfax. Drop donations between 9 a.m.-5 p.m., Monday-Friday, at 10640 Page Avenue, Suite 300, Fairfax. FACETS also seeks volunteers to help at special events where students will “shop” for their school supplies.

Reston Interfaith encourages residents to drop off Back-to-School-Drive items at Reston

Interfaith Administrative Offices, 11150 Sunset Hills Road, Suite 210, Reston. Contact Alacia Earley, volunteer and drives manager, 571-323-9568.

Northern Virginia Family Services Back to School Drive provides over 2,000 backpacks to youth in pre-K through college. On-site: Sort and organize school supplies, stuff backpacks and help distribute. Donate money or new school supplies at 13926 Metrotech Drive, Chantilly.

On Thursday, Aug. 30, county firefighters will distribute backpacks and school supplies for children throughout Fairfax County. They will distribute approximately 2,000 backpacks, with supplies to school administrators, teachers, and local shelters for children in need.

United Community Ministries also helps local students. Send donations to United Community Ministries, 7511 Fordson Road, Alexandria. Contact 703-768-7106.

Once school begins, some local nonprofits will start a different kind of backpack program, one that provides “weekend backpacks” for these children who might not have enough to eat. The weekend backpacks contain child-friendly foods that are high in nutritional value. Beginning in September, schools will assist in the distribution of these bags.

— MARY KIMM,
MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

TJ on Hot Seat

To the Editor:

TJ (Thomas Jefferson High School) has often been cited as one of the best schools in the country. It has been put on the hot seat for not prioritizing diversification of racial origins among the students it enrolls. Reading current newspaper reports on the Olympics in England has caused me to question this criticism of TJ. Photos show the three female sprinters representing the USA to be black and photos of the winning eight USA female rowers to be all white. Does this represent mis-

taken priorities held by our Olympic officials? Should striving for excellence be diluted by a policy of diversification? Should TJ have a quota in the future on accepting Asian students for admission? No easy answer to these valid questions.

Bob Simon
Reston Founder

Opposing Biomedical Research Cuts

To the Editor:

As Congress works on the Fiscal Year (FY) 2013 budget and the threat of sequestration looms, I urge Rep. Connolly and Senators Webb and Warner to support not cutting biomedical research at the National Institutes of Health (NIH). Sequestration could result in an 8 percent cut to the NIH budget, which means 25 percent of all the grants that NIH issues in 2013 would not be funded. As a carepartner/caregiver of one of the 500,000 to 1.5 million Americans living with Parkinson’s disease, these cuts would be devastating to us. NIH needs \$32 billion in FY 2013 to continue re-

search toward much-needed treatments for people like my husband, who at the age of 23, was diagnosed with Parkinson’s disease and those with other chronic diseases. These cuts could also result in a loss of \$332,251,165 million for Virginia, which may have a devastating impact on the local economy. NIH research funding is an investment in our country’s future, and we will be watching for our congressional delegation’s leadership on this issue.

Angela Robb
Fairfax

Looking for a Host Family

To the Editor:

My name is Lena Botz, I’m from Germany and 15 years old. I’m an exchange student this year, but my organization doesn’t find enough families, so I don’t know if I can fly. Because of this I’m now looking for a host family on my own. I only have to find a family who would take me for 10 months. My organization would organize the rest.

I hope I can reach some families through your newspaper, because it’s my biggest wish to do this high

school year.

I’ll write more about me. This is urgent because I’d have to fly in August or at the latest in early September. My email address: lena-x33@live.de

Lena Botz
Germany

10th Annual Backpack Drive

Poverty threatens the academic success of many children in Fairfax County; more than 40,000 qualify for free or discounted school lunches.

In response, the Fairfax County Board of Supervisors and the Fairfax County Fire and Rescue Department have partnered to collect backpacks for this year’s 10th Annual Backpack Drive. They have set a goal to collect 2,800 backpacks for needy students in Kindergarten through high school.

Last year, with the help of volunteers, more than 2,000 backpacks with school supplies were filled and delivered just in time for the new school year. To participate, drop off backpacks to the Braddock District Office at 9002 Burke Lake Road between now and Aug. 20.

Fairfax CONNECTION

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1606 King St.
Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
south@connectionnewspapers.com



PHOTO CONTRIBUTED

Recital performance of 'Rapunzel' at W. T. Woodson High School. The girls dance a contemporary piece titled 'Chariots.'

'Tiny Dancers' Receives Top Honors

Tiny Dancers, located in the heart of Fairfax City, has been voted Best Ballet or Dance Studio in the July 2012 issue of Washington Family Magazine. This is the third year in a row that the dance studio has been selected for this honor. In addition, the company was named among the Best in Virginia in Virginia Living Magazine earlier this year and had previously been named "Best of NoVA" in Northern Virginia Magazine. Commenting on the most recent award, studio manager Beth Melton said, "We live to dance and love working with the kids, so for us, teaching dance is the best job there is. We're

thrilled by the support of our customers."

The curriculum is designed especially for young children ages 2-12. It uses age-appropriate choreography and emphasizes technical excellence in a fun and nurturing environment. By introducing dancers to the basics of ballet, tap and jazz using well-known fairy tales and hundreds of costumes and props, students are encouraged to learn through creative self-expression and exploration. In addition to the studio in Fairfax, Tiny Dancers has locations in Alexandria and Gainesville. Information is available at www.tinydancers.com or by calling 703-754-2210.

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PHOTO COURTESY OF JAMES KEGLEY

Science teacher Karen Schulien of the Norwood School in Potomac teaches a group of kindergarten students. Education experts encourage parents to establish a sleep routine before school starts.



PHOTO COURTESY OF SPLENDIDLY ORGANIZED

Cecilia Anderson, a former teacher and the owner of Splendidly Organized in Vienna, encourages parents to begin creating a structured schedule for their children before the start of school.



PHOTO COURTESY OF CLUTTERSOS

Vienna-based professional organizer Susan Unger of ClutterSOS tells parents to create a color-coded calendar that includes each family member's events and activities.

Time for School

Advice on how to transition from a laid-back summer to a hectic academic year.

BY MARILYN CAMPBELL
THE CONNECTION

When Ellen Feldman's 5-year-old son started school last fall, one of the biggest adjustments for the single mother of two was having to adhere to a schedule.

"All of a sudden we went from being able to do things on our own time frame to having to wake up and be at a certain place at a certain time," said Feldman. "Sending my son off to school for the first time was exciting, but also difficult."

From purchasing school supplies and new clothes to reuniting with friends and leaving home for the first time, the start of a new school year can bring about emotions that range from delight to anxiety.

"Back to school, which is a positive experience, has stress built into it," said Linda Gulyn, a professor of psychology at Marymount University in Arlington. "Any change is stressful, even a positive change. But kids will

adapt quickly." The transition, said experts, is more manageable when parents develop a plan before the first day of classes.

"The more structure parents can give their kids before school starts, the better," said professional organizer Cecilia Anderson, a former teacher and the owner of Splendidly Organized, Inc. in Vienna. "If kids are given total free rein during the summer, they are not going to be in the right mindset for school."

Michelle Claeys, associate head and middle school principal at the Norwood School in Potomac, Md., believes that final days of summer break can be an ideal time for an academic brush-up: "There are often skills that aren't used throughout the summer, but are important as school starts. Having children of all ages read as much as possible for pleasure throughout the summer, but also in the days leading up to the start of school, is a good idea because it is a sustained experience where they are focused on something for a long period time." Claeys also recommended giving children an opportunity to discuss their reading with friends.

EXPERTS ALSO SUGGEST es-

tablishing a sleep routine with a consistent bedtime. "If parents get started a full week ahead of time trying to get children into the routine of being awake and alert for the morning, it gives them a chance to get their bodies adjusted to the schedule that they will have to maintain for the whole year," said Claeys.

Reintroducing a back-to-school morning ritual can be an anxiety-inducing exercise for some, especially after two months without a rigid agenda. According to professional organizers, a tactical plan can make the day-break drill more pleasant.

"Do as much as you can the night before. For parents who pack their kids lunches, it is important to have things ready to go and put in bags," said Anderson. For children who want the freedom of packing their own lunches, Anderson recommended dividing lunch options into food group and allowing children to select one item from each group.

"You want to give your child a balanced meal," she said. "One day there might be tuna sandwiches, and turkey sandwiches on another day, and whatever snack goes along with it like cut-up vegetables. Have those ready to go and in bins and let children choose

"The more structure parents can give their kids before school starts, the better."

— Cecilia Anderson

'But I Don't Want to Go to School'

Separation Anxiety and Other Resistances to School

"Separation anxiety is a natural and healthy emotion," said Linda Gulyn, Ph.D., a professor of psychology at Marymount University in Arlington. "Developmental theory will say when children have separation anxiety, it is a sign that they are attached to the parent. That is a good sign."

Understanding an older child's resistance to school: "From a psychological point of view, it is important for parents to acknowledge the child's feelings," Gulyn said. "Even if you're looking at your 14-year-old and thinking she's being absolutely unreasonable, you have to say 'I understand how you feel. I get it.' Then the teen feels that they are being respected."

"For a lot of teens, there is a lot of pressure going into school mode, so that is legitimate anxiety. They might be saying, 'I now have three A.P. (Advanced Placement) classes. I have to play volleyball. I have to work part-time. I have all this stuff going on,' so the pressure is real," said Gulyn.

one thing from each bin. That way kids will have more ownership over their lunches and there will be few complaints."

Don't underestimate the importance of breakfast either: "A child won't have all faculties for learning if they haven't eaten well," said Anderson. "Some kids don't have lunch until 1 o'clock, so to go from 6 a.m. until 1 o'clock without food is tough. They need something that has protein. It doesn't have to be home-cooked eggs. It can be turkey sausages or lunchmeat, but a bag of chips and a monster drink is not a good breakfast."

TO AVOID a last-minute morning search for errant permission slips or stray report cards, Vienna-based professional organizer Susan Unger of ClutterSOS urges parents to create a command center, a central location where all papers that must be signed and returned to school are kept. She adds that a chart outlining the morning tasks is another useful

tool: "If children have a check list to look at, they can ask themselves, 'Have I brushed my teeth?' or 'Have I combed my hair?' The night before, choose clothes and put the backpack by the door."

Use a family calendar. "Another important thing is having a calendar that lists activities and sporting events and putting it in a place where everybody can see it and everybody knows the schedule," said Unger. "It also helps to color-code the calendar, so have one color for each child."

Before heading out to purchase new supplies or clothes for school, organizers suggest taking inventory. "You can see what you already have and what you need and make a shopping list from that," said Unger.

One of the most important components of creating a good start to a new school year is attitude, education experts agree. "Generally, it is helpful if parents help children see school as a fun, happy place where they can be stimulated and learn," said Claeys.



PHOTOS BY ANDREW MADIGAN / THE CONNECTION

Casey & Dave Dexter: Enjoying the summer weather on their patio.

A Chef Who Makes House Calls

BY ANDREW MADIGAN
THE CONNECTION

Dave and Casey Dexter, like all fathers and teenage daughters, have had their disagreements, but now they run a business together: GuestChef.

Here's how it works. Chef Dave comes to your house and cooks for three to four hours. The menu is up to you. You watch, learn and help out. For just one night, you're a professional sous chef in one of the hottest restaurants around, which also happens to be in your kitchen.

GuestChef is more than a cooking lesson, though. It's a party. You invite over a few friends, eat, drink, hang out and have a great time. Instead of watching The Food Network on TV, you live out an episode at home.

Dave Dexter is an executive chef with more than 20 years experience in fine dining. He has a degree in culinary arts from Johnson and Wales University, where Emeril Lagasse learned his craft. Casey Dexter, his 18-year-old daughter, recently finished her freshman year at Penn State, where she majors in film & video.

THE DEXTERS live on a quiet street in Fairfax where, about four years ago, Dave was approached by one of his nieces. She had a serious boyfriend and was considering marriage but didn't know the first thing about cooking. Dave invited her over for the weekend, taught her a few simple dishes, and fueled her confidence. Problem solved.

Pretty soon other relatives came knocking, but Dave's classes remained strictly pro bono. He considered the possibility of turning the idea into a business, but nothing came of it.

Cut to 2011. Casey applied for a number of internships, but no one was hiring freshmen. This sentenced her to a summer of living at home and working at an Italian restaurant. There was an unforeseen by-product, however. In her spare time, Casey began to work out the details of the idea her dad had been talking about for years. And so, like one of Paul Harvey's "The Rest of the Story" segments, GuestChef was born.

The Dexters have really enjoyed working together. According to Casey the GuestChef experience has "made our relationship stronger." When she was younger, Casey didn't think her dad was "the coolest guy in the world," and she probably

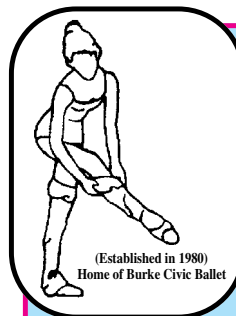


Unnamed plate of food: The perfect summer barbeque food.

wasn't the first teenager to harbor such reservations. Her perspective has changed considerably though, after a year in college and a tour of duty in the culinary trenches. She likes watching Dave cook at home or with clients, where he multitasks as comedian, sportscaster and musician. "He's a hoot," Casey says, "as he does impressions while waiting for the pasta to boil."

DAVE ALSO HAS great things to say about his daughter. The business wouldn't have succeeded without her entrepreneurial, marketing and IT skills. "I don't want to sound like an octogenarian," Dave says, "but I wouldn't know how to announce a snowstorm if I was stuck in the middle of it." Fortunately, Casey manages the Facebook and Wix pages for GuestChef. She also trained as a television producer with Fairfax County Public Access and plans to launch a cooking spot so that Chef Dave can showcase his talent.

The Dexters' service isn't just for people who don't know the difference between a coulis and a cassoulet. GuestChef also caters to skilled home cooks who want to learn some new tricks. Chef Dave teaches his customers whatever they need to know. Some just want to learn how to sharpen a knife and cook a piece of chicken without turning it into charcoal; others are interested in creating lavish entrées or the perfect soufflé. In either case the Dexters bring fine dining straight to the customer, so you always get the best seat in the house.



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FAITH NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday.

Dated announcements should be submitted at least two weeks prior to the event.

Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175.

St. Andrew the Apostle Catholic Church, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. 703-817-1770 or www.st-andrew.org.

Prince of Peace Lutheran Church, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music.

More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is at

9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or www.poplc.org.

Kirkwood Presbyterian Church, 8336 Carleigh Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first and third Wednesday of each month.

Meetings are 9:30-11:30 a.m. at the church. All mothers and children are welcome.

The program provides mothers an opportunity to get to know other mothers through discussions and craft activities. Register at 703-451-5320.

RCIA (Rite of Christian Initiation of Adults) is for people interested in becoming Catholic or learning about the Catholic Church. A group meets at 7:30 p.m. on July 6 and 20 at St. Leo the Great Catholic Church, 3700 Old Lee Highway, Fairfax. A group will begin meeting every Wednesday starting September. Sessions are in the Old Parish Hall.

All are welcome. Contact Carolyn Smith at 703-273-5369 or carolynsmith.stleos@gmail.com.

CALENDAR

To have community events listed, send to south@connectionnewspapers.com or call 703-778-9416 with questions. Deadline for calendar listings is two weeks prior to event.

THURSDAY/AUG. 9

Meet the History Guy. 7 p.m. Kings Park Library, 9000 Burke Lake Road Burke. Local author William Connery will introduce and discuss his new book, Civil War in Northern Virginia 1861. 703-978-5600

FRIDAY/AUG. 10

Guy Mendilow Band. 7:30 p.m. Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria. World music. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

Fun Flicks. 10:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Watch movies based on children's books. Call for titles. 703-644-7333

SATURDAY/AUG. 11

The United States Air Force Band Airmen of Note. 7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Big Band Jazz. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

2nd Saturday Art Walk. 6-9 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Meet each building's featured artist, a reception in W-16 from 6-7 p.m. and more. www.WorkhouseArts.org.

Wolf Trap Opera Company: The Rake's Progress. 7 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Preshow talk one hour before performance. www.wolftrap.org.

Ratcliffe-Allison House Tours. 11 a.m.-2 p.m. 10386 Main Street, Fairfax. Dressed to Work, Mourn and Impress: Costumes Celebrating the Bicentennial of Ratcliffe-Allison House, 1812 - 2012. 703-385-8414.

SUNDAY/AUG. 12

Meet the Harleys! 2 p.m. City of Fairfax Library, 10360 North Street, Fairfax. Get an up-close look at real Harleys. 703-293-6227.

MONDAY/AUG. 13

Make Something Mondays! 10 a.m. Burke United Methodist Church, 6200 Burke Centre Parkway. A free craft for preschoolers, elementary students and parents. www.burkeumc.org, 703-250-6100

Joe Walsh. 8 p.m. Filene Center, 1551 Trap Road, Vienna. \$48 in-house, \$30 lawn. www.wolftrap.com.

Things that Go Boom. 7 p.m. Pohick Regional Library 6450 Sydenstricker Road, Burke. Sound effects, colorful chemistry and good vibrations with Mad Science. Cosponsored by the Friends of the Pohick Regional Library. 703-644-7333

TUESDAY/AUG. 14

Lyle Lovett. 8 p.m. Filene Center, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. www.wolftrap.com.

Evening Book Discussion Group. 7 p.m. Pohick Regional Library 6450 Sydenstricker Road, Burke. The Postmistress by Sarah Blake. 703-644-7333.

WEDNESDAY/AUG. 15

John Prine and Emmylou Harris. 7:30 p.m. Filene Center, 1551 Trap Road, Vienna. \$45 in-house, \$25 lawn. www.wolftrap.com.

Bedtime Stories: Good Night, Sleep Tight. 7 p.m. Pohick Regional Library 6450 Sydenstricker Road,



Dr. Camara Jones

PHOTO CONTRIBUTED

Is Inequality Making Us Sick?

Register now for leadership challenge sessions.

While most people are aware of the social harms of racism, few have done research like Dr. Camara Jones on the impact of racism on the health and well-being of its victims.

The community is invited to three different sessions led by Jones, the research director on social determinants of health and equity at the National Center for Chronic Disease Prevention and Health Promotion. The center is a division of the Centers for Disease Control and Prevention (CDC) in Atlanta.

Jones is a family physician and epidemiologist whose work focuses on the impacts of racism on the health and well-being of the nation. Her work on race-associated differences in health goes beyond documenting differences to investigating the root causes of those differences.

Burke. Stories, songs, and activities to lull you to sleep. Age 3-6 with adult. 703-644-7333

Writers' Roundtable. 7 p.m. Pohick Regional Library 6450 Sydenstricker Road, Burke. Discuss your work with other writers. 703-644-7333.

THURSDAY/AUG. 16

Afternoon Reading Group. 1 p.m. City of Fairfax Library, 10360 North Street, Fairfax. Adults. 703-293-6227.

Legos at the Library. 10:30 a.m. Pohick Regional Library 6450 Sydenstricker Road, Burke. Thousands of Legos await you and your creativity. Come with friends or make some new ones. Cosponsored by the Friends of the Pohick Regional Library. Age 6-12. 703-644-7333

SATURDAY/AUG. 18

DC Fest Featuring Mercyme and Third Day. 3 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Also with

"When the Bough Breaks," a segment from the Unnatural Causes: Is Inequality Making Us Sick? video series, will also be viewed and discussed.

There are three sessions available.

❖Monday, September 17: 1 to 4:30 p.m., (Board Auditorium, Government Center, Fairfax)

❖Monday, September 17: 6:30 to 9 p.m., (Auditorium, Mount Vernon High School, Alexandria)

❖Tuesday, September 18: 9 a.m. to 12:30 p.m., (Board Auditorium, Government Center, Fairfax)

There is no cost to attend, but seating is limited. To register, go to <https://www.fairfaxcounty.gov/hsc/code/ereg/Registration.aspx?groupID=37>

The sessions are sponsored by the Fairfax County Disproportionality and Disparity Prevention and Elimination Team (DDPET), a group of human services and school staff, public safety personnel and other professionals committed to promoting equity and better life opportunities for all.

Sanctus Real, Brandon Heath, Building 429, Kerrie Roberts and Lindsey McCaul. Tickets \$20-\$99. www.ticketmaster.com, 1-800-745-3000 or www.patriotcenter.com.

Sunset Cruise. 7 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Cruiser the shores of Lake Accotink. Beverages served. \$6. Register at 703-569-0285.

Master Gardeners. 10 a.m. City of Fairfax Library, 10360 North Street, Fairfax. Horticultural tips, information, techniques and advice to home gardeners. 703-293-6227.

Fun Flicks. 10:30 a.m. Pohick Regional Library 6450 Sydenstricker Road, Burke. Watch movies based on children's books. Call for titles. Cosponsored by the Friends of the Pohick Regional Library. 703-644-7333.

Saint Diablo. 9 p.m., at Fast Eddie's, 9687 Fairfax Blvd., Fairfax. Fresh tones for hardcore metal combined with Latino melodies. Go to www.jambase.com for more information.

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The Robinson group gathers for a picture at the World Choir Games in Cincinnati.

Robinson Wins Silver

BY HANNAH BUNTING
THE CONNECTION

The Robinson Secondary Singers and Select Women's Ensemble visited Cincinnati July 4 through 14, where they earned silver medals in The World Choir Games. The group consisted of 60 students who competed among 364 international choirs, many of whom were longtime World Choir Games veterans.

According to rising senior Neema Laheri, the group found out a little over a year ago that they got in to the competition. The process leading up to the games was intense.

"Rehearsals were strict. We had some in school during class, and then closer to the actual games rehearsal was every day for 2-3 hours... we also had to get sponsoring, which was a lot of work, but luckily the community was really supportive," Laheri said.

Robinson Secondary is known for having an outstanding choral department, and they received first place in a Miami competition this year to prove it. However, group members admitted their shock at even qualifying for the World Choir Games.

"We weren't really expecting to qualify, and we were so excited when we did. [Choir Director] Mr.

Horanski's face was the best part! All of the work he'd put in had paid off, he was so proud of us," rising senior Maya Davis said.

"Just making it into the same league as those other singers gave us such a sense of self achievement and pride," rising senior Helai Karim said.

According to Davis, the games were unlike anything they had competed in before.

"The stage alone was bigger than anything we'd been on, and we were now performing in front of a panel of international judges having a different take on music based on their own cultures," Davis said. Even outside of the competition, the singers were exposed to a melting pot of cultures which came together over the music.

"All corners of the world were there, dressed in their own traditional clothing. People were singing everywhere you went, like in the streets. Just hearing the different cultures come together was incredible," Karim said.

As for the medals, the group was overjoyed at receiving such an impressive award, and it gives them a bright outlook on the future and themselves.

"We were unbelievably excited, but at the same time we expect that level of ourselves. Now we really know what we can achieve," Laheri said.

"We were unbelievably excited, but at the same time we expect that level of ourselves."

—Rising senior Neema Laheri

Leslie Paola Trigo Dies

Our sweet, beautiful friend, sister and daughter, Leslie Paola Trigo, passed away Sunday night, after battling a devastating illness for nine months.

She passed away surrounded by loved ones with peace and dignity.

Thank you to all who have sent positive thoughts and prayers. Leslie was currently living in the Centreville area, graduated from Lake Braddock High School, was a dedicated Team Member for 10+ years at The Outback Steakhouse.

She is survived by her parents, younger sister and two younger brothers.

Services will be held this Friday, Aug. 17, at Word of Life Assembly of God; 5225 Backlick Rd., Springfield. Viewing is at 10 a.m., service is at 11 a.m. followed by the burial.



Leslie Paola Trigo

BULLETIN BOARD

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

THURSDAY/AUG. 16

Learning English. 7 p.m., Burke Centre Library, 5935 Freds Oak Road, Burke. Adults. 703-249-1520.

Stroke and Osteoporosis Screening. Burke United Methodist Church, 6200 Burke Centre Parkway. www.lifelinescreening.com. Pre-registration is required.

Computer Basics Training. 10 a.m., Pohick Regional Library, 6450 Sydenstricker Road, Burke. One-hour with a technology volunteer for help with basic computer skills and navigating the internet. 703-644-7333.

FRIDAY/AUG. 17

Rummage Sale. 3-7 p.m., Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. Donations of clean, sellable items in good condition can be dropped off at BPC on Thursday, Aug. 16, 9 a.m.-8 p.m. Volunteers will help unload your car. www.BurkePresChurch.org 703-764-0456.

Dog Adoptions. 6:30-8:30 p.m., PetSmart, 12971 Fair Lakes Center, Fairfax. Every Friday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

English Conversation Group. 10 a.m., Kings Park Library, 9000 Burke Lake Road, Burke. Practice conversation skills. 703-978-5600.

SATURDAY/AUG. 18

Power Brain Training Center's Grand Opening Special.

1-4 p.m., 3903 Fair Ridge Drive, Suite 217, Fairfax. Balance, focus, and creativity classes for adults and kids. 703-359-7282.

Homeless Animals Rescue Team Dog Adoptions.

12-3 p.m., Petco, 13053 Lee Jackson Memorial Highway, Fairfax. Every Saturday. 703-817-9444 or www.hart90.org.

Rummage Sale. 8 a.m.-Noon., Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. Donations of clean, sellable items in good condition can be dropped off at BPC on Thursday, Aug. 16, 9 a.m.-8 p.m. Volunteers will help unload your car. www.BurkePresChurch.org 703-764-0456.

Master Gardeners - Plant

Clinic. 10 a.m., Kings Park Library, 9000 Burke Lake Road, Burke. Master Gardeners will host plant clinics each Saturday morning through the summer to answer your gardening questions. 703-978-5600.

INOVA Blood Drive. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Photo ID Required. Appointments preferred. 1-866-256-6372.

eBook Clinic. 11 a.m., Kings Park Library, 9000 Burke Lake Road, Burke. Learn to use the library's eBook collection and compatible e-book readers with a one-on-one technology volunteer. Registration required. 703-978-5600.

OPEN HOUSES SATURDAY/SUNDAY, AUGUST 18 & 19

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times

Burke

6159 Hatches Ct.....\$599,950..Sun 1-4...Kathleen Quintarelli.....Weichert..703-862-8808
9528 Blackburn Dr.....\$495,000..Sun 1-4.....Christine Zinser...Long & Foster..703-503-1861

Centreville

13912 Woods Run Ct.....\$379,900..Sun 1-4.....Karen Sale...Long & Foster..703-402-2312

Chantilly

42344 Astors Beachwood..\$850,000..Sun 1-4.....Chris Pezzana.....Weichert..703-447-1662
41994 Kudu Ct.....\$694,000..Sun 1-4.....Rich Triplett..Samson Props..703-217-1348
4534 Samuel Pine Rd.....\$409,777..Sun 1-4.....Beverley Tull.....RE/MAX..703-963-0163

Clifton

8104 Flossie Ln.....\$799,900..Sun 1-4.....Joan Lovett..Keller Williams..703-964-1290

Fairfax

5105 Summit Dr.....\$619,990..Sun 1-3....Marguerite Roland.....RE/MAX..703-377-4538

Fairfax Station

10817 Windermere Ln....\$1,398,000..Sun 1-4..Carol Hermendorfer...Long & Foster..703-503-1812
8030 Woodland Hills Ln..\$1,150,000..Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365
8303 Pinyon Pine Ct.....\$749,500..Sun 1-4.....Christine Shevock.....RE/MAX..703-475-3986

Lorton

5941 Kentia Trl.....\$649,900....Fri 4-7.....Patrick Coen..Keller Williams..703-564-4000
10621 Gunston Rd.....\$600,000..Sun 1-4.....Martina Burns.....RE/MAX..850-897-8917

Springfield

8104 Ainsworth Ave.....\$525,000..Sun 1-4.....Nick Moradi.....Weichert..703-569-7870
6429 Northanna Dr.....\$449,900..Sun 1-4.....Angel Caballero..Samson Props..703-967-5329
6505 Castine Ln.....\$422,500..Sun 1-4.....Monica Adams.....RE/MAX..703-434-9400

To add your Realtor represented Open House to these weekly listings, please call Karen Washburn at 703-778-9422 or E-Mail the info to: kwashburn@connectionnewspapers.com All listings due by Tuesday at 3 P.M.

Quarterback Henderson Set to Excel at Lake Braddock

Former West Potomac coaches join Bruins' staff.

BY JON ROETMAN
THE CONNECTION

Donning a purple helmet and shoulder pad-revealing gold practice jersey, Caleb Henderson displays his Division I-caliber right arm during a practice at Lake Braddock Secondary School. The rising junior fires passes to his receivers and moves the offense up and down the field.

Last year, Henderson established himself as one of the top quarterbacks in the region during his sophomore season at West Potomac. After splitting time early in the 2011 campaign, Henderson became the full-time starter and thrived in the Wolverines' spread offense. Playing for his father, Head Coach Eric Henderson, Caleb passed for 2,403 yards and 27 touchdowns, rushed for 528 yards and four scores, and led West Potomac to a share of the Patriot District title and a berth in the region semifinals. He was named second-team all-region and appeared to have a bright future as the Wolverines' signal caller.

Nine months later, Caleb Henderson, who has received scholarship offers from Michigan State, Virginia, Illinois and other colleges, is preparing for his junior season as the quarterback of the Lake Braddock football team, which won back-to-back Northern Region titles in 2009 and 2010. He and his brother, Jon, transferred to the Burke secondary school near the end of the 2011-12 school year after their father was informed he would not return as West Potomac head coach. The addition of Caleb Henderson to an already talented team would seem to make the Bruins one of the favorites to win the Northern Region in 2012.

"I really enjoy the team," Caleb Henderson said. "It's a great team, great coaching staff. It was a really easy transition, too, because they run the exact same offensive stuff [as we did at West Potomac], so it was really easy for me to kind of slip in and show everybody what I can do and have the team trust me."

Despite an 8-4 record and a playoff victory in 2011, Eric Henderson, who was hired as West Potomac head coach in 2004, was not retained for a ninth season. The decision led to Caleb and Jon transferring to Lake Braddock near the end of the 2011-12 school year. The Henderson family moved to Burke in June and Eric is now the Lake Braddock defensive coordinator under Head Coach Jim Poythress (former West Potomac assistants Dave Murray and Sean Brooks are also on the Bruins' staff). Henderson taught and coached at Lake Braddock from 2002-2004 and attended Fort Hunt High School with Poythress.



PHOTO BY LOUISE KRAFT/THE CONNECTION

Caleb Henderson was one of the top quarterbacks in the region last season as a West Potomac sophomore. He transferred to Lake Braddock in the spring and will start for the Bruins as a junior in the fall.

Poythress said his familiarity with the coaches and their knowledge of the Bruins' spread offense (Murray and Brooks worked at West Springfield with Bill Renner, who installed the spread at Lake Braddock) makes the addition of the former Wolverines a logical fit.

Others, Poythress said, see the arrangement in a negative light.

"The staff camaraderie and that sort of thing is as good as it's ever been," said Poythress, who enters his ninth season as Lake Braddock head coach. "Everybody gets along—I've known these guys for years. It's not like we just met when they became available. The difficult part was that Coach Henderson left that job, he needed to find a new job and, sure, I wanted him and so do other people, but...his kid comes with the dad, then a lot of people open their mouth and make accusations. It's just ridiculous."

"That's not fair to a 16-year-old kid. It was tough on coach and it was tough on his family. As a result, we're getting questioned all the time and to me it seemed like a lot of people were sticking their nose where it didn't belong. But it all worked out in the end and I think that they're happy now."

Poythress said it makes sense for an athlete to want to play in a system that fits his skill set.

"I think it's more adult-driven issues and

it seems to come with success," the coach said about those who have accused the Bruins of wrongdoing. "Before we stepped up a little bit, it was always Robinson being accused of something and then Westfield was always accused of something. But if you really looked into it, a lot of times it was jealousy or it was 'How come you keep getting the good kids?' Even I was one of those guys. After we won a couple regional cham-

"I really enjoy the team. It's a great team, great coaching staff."

—Caleb Henderson on playing for Lake Braddock

pionships, all of the sudden you realize, people want to go here."

With Caleb Henderson at the helm, Lake Braddock figures to improve on last season's performance, which included being held to less than 10 points four times. Some of his potential pass-catching targets are A.J. Alexander, Austin Wolfe, Vincent Sica and Ryan Antonellis. Jason Hoskins, after playing linebacker for two seasons, will become the Bruins' primary running back threat.

"All of a sudden you have the No. 1 sophomore quarterback in the country last year in some polls," Poythress said. "He's a legitimate scholarship player. You hand him the keys to the car, things change."

On the defensive side, Eric Henderson praised the Bruins' front four off end Romario Peart, 3-technique Joe Achour, nose guard Reece Burnett and end Dean Doe. Henderson said the six-foot-two, 305 pound Burnett "could play Division I football anywhere he wants." Safety Rori Renzi is also expected to be a difference-maker on defense.

Eric Henderson said his transition from West Potomac head coach to Lake Braddock defensive coordinator has been a good one.

"I was getting burned out," he said. "I think any coach is good for a situation for eight to 10 years and I was probably reaching the end of my tenure. I had been looking

around at other opportunities. You get to the point where you've been a head coach for 12 or 15 years and sometimes you just want to deal with football and not the paperwork and the sideshow aspect of being a head coach. I much prefer this. At this stage of my career I don't need to be a head coach." Lake Braddock opens the 2012 season on the road at 7:30 p.m. on Friday, Aug. 31, at Centreville. So far, things are looking promising for the Bruins and their additions from West Potomac.

"It's been great," Burnett said. "It's not like they came from another school. There hasn't been any problem, yet. The coaches get along great."

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PHOTO BY BONNIE HOBBS/THE CONNECTION

Clifton's Mike Nelson and daughters, from left, Lindsey, 9, and Lauren, 13, inspect a 1970 Ford Mach 1 Mustang during the 2011 car show.



PHOTO COURTESY OF JIM CHESLEY

A horse and member of the Northern Virginia Therapeutic Riding Program visit children at Life with Cancer. Among those pictured are children currently battling cancer, survivors and family members.

Clifton Car Show on Labor Day, Sept. 3

BY BONNIE HOBBS

THE CONNECTION

Featuring street rods, custom and antique cars, muscle and classic cars, and motorcycles, the 13th Annual Labor Day Car Show is Monday, Sept. 3, from 8 a.m.-3 p.m., in Clifton. Sponsored by the Clifton Lions Club and the Custom Cruisers of Northern Virginia, it happens rain or shine.

"It's the only show of its type within 100 miles of here on Labor Day," said event organizer Jim Chesley. "Our show has gotten such a good reputation that people don't want to go anywhere else but here."

More than 400 vehicles will be on display throughout the town, with chrome all polished, hoods up and engines open for easy viewing. Visitors may browse at their leisure, while chatting with their owners and listening to 1950s and '60s music played by a deejay from J & J Sound.

"We'll have lots of Corvettes, Mustangs, Camaros and hot rods," said Chesley. "There'll be all kinds of motorcycles, cars and trucks—stock, custom and antique."

To register a vehicle, go to www.customcruisersnova.com, click on "events" and download an entry form. Participants may also register at the show. The first 250 vehicles registering will receive dash plaques. Registration is \$15, or \$25 if the vehicle is for sale. Individuals or companies interested in being sponsors should contact Chesley at 703-830-2129 or jchesley@aol.com for further details.

Donations in any amount are also welcome and are 100-percent tax deductible. Mail donation checks payable to the Clifton Lions Club to: Jim Chesley, 7207 Main St., Clifton, VA 20124-0225. There'll also be a donations jar at the show.

Each year, the proceeds go to charity, and this year's recipients are Life with Cancer and the Northern Virginia Therapeutic Riding Program. Life with Cancer offers a full slate of support programs for cancer patients and their families. And the Therapeutic Riding Program gives people with emotional or physical dis-



PHOTO BY BONNIE HOBBS/THE CONNECTION

Vehicles are parked all along Main Street during the annual Labor Day car show in Clifton.

abilities the chance to control a horse and feel confident and successful. For more information, go to www.lifewithcancer.org and www.NVTRP.org.

"Four years ago, I introduced the directors of these two charities to each other at the car show," said Chesley. "They didn't know of each other then, but because of that meeting, Life with Cancer started sending children in their program to the Therapeutic Riding Center in Clifton."

The car-show festivities will also include the Richard King Annual Fireman's Chili Challenge, from noon-6 p.m. It will be held in a field by the railroad tracks, near the town barn. It's in memory of King, a longtime Clifton resident.

Putting on the Chili Challenge is the Wednesday Night Crew Motorcycle

Assocation "We'll have a cookoff between Fairfax County fire stations," said the organization's Rusty Hall, of Fairfax. "Ten firefighters will be competing from all over the county. The winning fire station will get a trophy and \$1,000 to contribute to MDA [the Muscular Dystrophy Assn.]—which the firefighters raise money for over Labor Day weekend." To volunteer to help, e-mail rusty@wncrew.org.

"Richard King was a member of our group," said Hall. "We've been involved in the car show for six or seven years and we love giving back to the community to enhance it. This is a diverse community, and it's good seeing everybody come to this show with their families and relax and have a good time."

There'll also be music at the Chili Chal-

lenge. Performing on stage is Steal the Deal, playing Southern rock; the Wes Thacker Bluegrass Band; Jammboxx, rock and roll; and the Lost Highway Band, playing Swamp Boogie music and featuring 2010 Grammy-award winner Michael Melchione.

Besides chili, lots of other food will be available. The Lions Club will offer hot dogs, hamburgers, pork and beef barbecue, chips, water and soda. The Clifton Presbyterian Church will be selling meatball subs, and the Clifton Café (crepes), Peterson's Ice Cream Depot and The Clifton Store will all be open for business.

There'll be a 50-50 raffle at the show, with half the money going to the charities and half to the winner. In addition, the Rolling Thunder motorcycle—a Harley Davidson—will be displayed and raffled off. Tickets will be sold at the show, but the winner will be chosen at a later date because the motorcycle will be displayed at other shows.

At noon will be the raising of the flag by the Fairfax County Police Honor Guard, in Ayre Square, and the singing of the national anthem. And sometime during the show, if possible, will be a flyover by the police helicopter.

Dignitaries at the noon ceremony will include Rep. Frank Wolf (R-10th), Fairfax County Board of Supervisors Chairman Sharon Bulova, county Police Chief Dave Rohrer and Lt. John Trace, assistant commander of the Sully District Police Station. The awards ceremony is at 2:30 p.m., and helping Chesley hand out the trophies will be Sen. George Barker (D-39th), Del. Tim Hugo (R-40th) and Supervisor Pat Herrity (R-Springfield).

Two trophies are awarded for Best in Show and one each for Lady's Choice, Lions' Choice, Best Back Seat and Best Motorcycle. The top 20 vehicles, as chosen by the participants, will also receive trophies.

The show attracts people from all over the Washington Metropolitan area, and more than 3,000 people attended last year's event. Admission is free to spectators. There's a nominal parking fee, and vans from Virginia Tire and Auto of Centreville will transport people from the parking lots to the town.